



Savory Crisps with Bacon and Rosemary

 Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



76 kcal

Ingredients

- ☐ 20 buttery crackers light reduced-fat (such as Town House)
- ☐ 40 rosemary tips fresh
- ☐ 20 saltines low-sodium
- ☐ 10 slices center-cut bacon

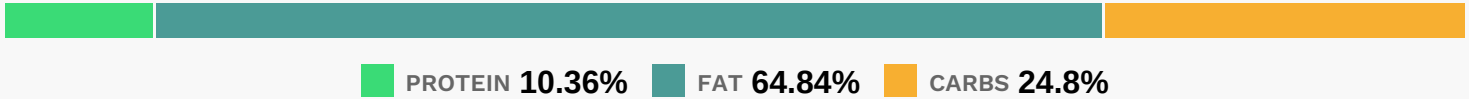
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 25
- ☐ Arrange crackers on a work surface.
- ☐ Cut bacon lengthwise into thirds and then crosswise into thirds. Wrap each cracker with 1 or 2 pieces of bacon to resemble ribbon on a package. Arrange in a single layer on two parchment-lined baking sheets.
- ☐ Bake at 250 for 1 hour or until bacon is crisp. Tuck 1 rosemary tip under bacon on each cracker. Cool on a wire rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.8173913035704%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 75.79kcal (3.79%), Fat: 5.44g (8.37%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.25g (1.54%), Sugar: 0.28g (0.31%), Cholesterol: 7.26mg (2.42%), Sodium: 128.03mg (5.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin B1: 0.07mg (4.36%), Vitamin B3: 0.8mg (4%), Selenium: 2.66µg (3.8%), Manganese: 0.06mg (3.09%), Phosphorus: 28.41mg (2.84%), Iron: 0.48mg (2.66%), Vitamin K: 2.26µg (2.15%), Folate: 8.36µg (2.09%), Vitamin B2: 0.03mg (2.03%), Vitamin B6: 0.04mg (2.02%), Fiber: 0.44g (1.74%), Zinc: 0.19mg (1.25%), Vitamin A: 62.58IU (1.25%), Vitamin E: 0.19mg (1.24%), Potassium: 43.27mg (1.24%), Calcium: 12.08mg (1.21%), Magnesium: 4.4mg (1.1%), Vitamin B5: 0.1mg (1.02%)